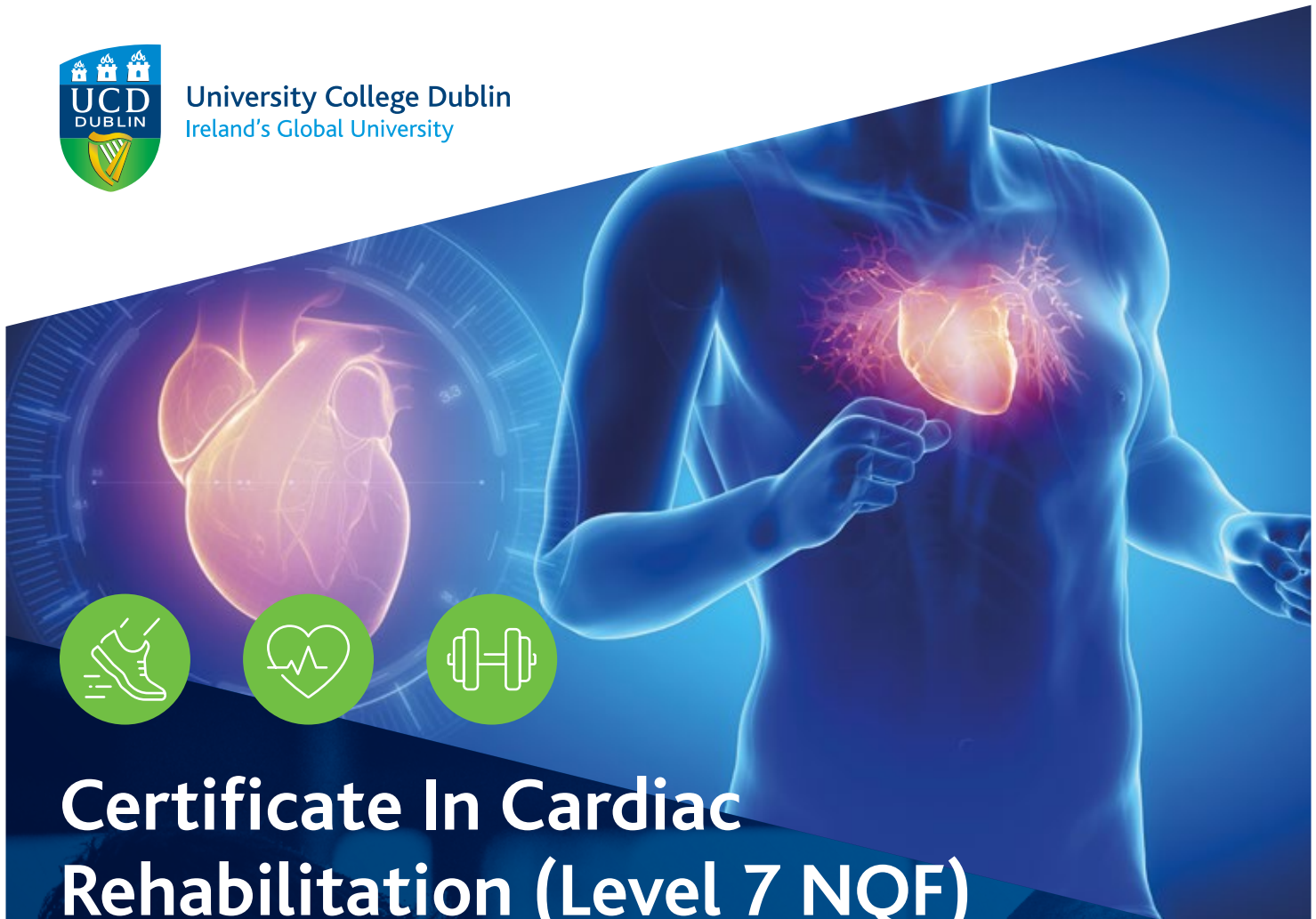




University College Dublin  
Ireland's Global University



# Certificate In Cardiac Rehabilitation (Level 7 NQF)

UCD School of Public Health, Physiotherapy and Sports Science

## Programme Directors

**Grainne O'Donoghue (PhD, MSc, BSc Physio)**  
UCD School of Public Health, Physiotherapy & Sports Sciences  
**Karen Cradock (MSc, BPhysio)**  
Heart2Heart Cardiac Physiotherapy Director (& Clinical Lead)

## Proposed Start Date

September 2024

## Programme Description

The overall aim of this certificate is to educate exercise professionals on the science of exercise training for clients with cardiovascular disease.

Students will develop their knowledge base of anatomy and physiology of the cardiovascular system, understand the effects of aerobic and strength training and adaptive changes within the cardiac population and develop a clear understanding of the contraindications to exercise. They will understand the importance of risk stratification in this population and implications for practice. Students will be able to describe a patient's journey from time of cardiac event (Phase 1) to completion of community cardiac rehabilitation (Phase 4).

## What will I learn?

Core subjects include:

- Anatomy and physiology of the cardiovascular system
- Risk factors for heart disease
- Disease processes within the cardiovascular system
- Effects of exercise and exercise training on the cardiovascular system
- Contraindications to exercise
- Risk stratification of cardiac clients within the cardiac population
- Cardiac rehabilitation programme design and progression
- Practical application of theory
- Adaptations to programme for the cardiac client with comorbidities.

## How will I learn

Practical component*	3 hours
Didactic lectures	17 hours
Group learning	20 hours
Self-directed learning	80 hours
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Total scheduled learning	120 hours
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Autonomous student learning (non-scheduled learning)	100 hours
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Total student effort hours	230 hours

\*attendance at 2 cardiac rehabilitation sessions

All lectures will be delivered remotely, and the cardiac rehabilitation classes delivered via tele-health.

## Teaching, Learning and Assessment Strategies

- 40% / MCQ (1 hour) – broad assessment of knowledge based on core course content
- 20% / 15 minutes oral assessment
- 40% / Written assignment

## Graduate Attributes

Graduates of this course will be qualified to deliver Phase 4 Cardiac Rehabilitation

## Fee Rate

The EU fee is €1,430



## Entry Requirements

- 1 / Equivalent of Level 3 fitness instructor qualification (European Register of Exercise Professionals) OR Undergraduate / graduate degree in health / exercise science
- 2 / Have delivered 150 hours of land-based exercise to adults in the last 24 months; or
- 3 / Qualified physiotherapist

## How to Apply

Apply at [www.ucd.ie/apply](http://www.ucd.ie/apply)  
Click on the 'Apply to UCD' button and create a new account. Then select 'Course Finder' and search for and select 'Prof Cert Cardiac Rehabilitation' (X939).  
For further details, please email Dr Grainne O'Donoghue at [grainne.odonoghue@ucd.ie](mailto:grainne.odonoghue@ucd.ie) or call 01-7166459

